

## TUMMY-TIME

### Tummy-Time for Babies

In 1992 the American Academy of Pediatrics (AAP) published recommendations to put babies on their back when sleeping. This resulted in a large reduction of SIDS (Sudden Infant Death Syndrome) cases. The AAP's "Back to Sleep - Tummy to Play" campaign encourages babies to have play time on their tummies to help them with growth and development.

Tummy time allows babies to develop head control and upper body strength needed to crawl and do other important developmental activities.

It is important to place your newborn on the tummy several times a day. As your baby grows and gets stronger, increase tummy time.

***Remember to NEVER leave your baby unattended!***

### How Much Tummy-Time?

Beginning on the first day home from the hospital or in the family child care home or center, play and interact with the baby while he is awake and on his tummy 2 to 3 times each day for a short period of time, increasing the amount of time as the baby shows he enjoys the activity. A great time to do this is following a diaper change or when the baby wakes up from a nap.

Tummy Time prepares babies for the time when they will be able to slide on their bellies and crawl. As babies grow older and stronger they will need more time on their tummies to build their own strength.

At first, some babies may not like the tummy time position. Place yourself or a toy in front of the baby to play with. Eventually your baby will enjoy tummy time and begin to enjoy play in this position.

### What if My Baby Doesn't Like Being on Her Tummy?

At first, some babies may not like the tummy time position. Place yourself or a toy in front of the baby to play with. Eventually your baby will enjoy tummy time and begin to enjoy play in this position.

## How Can I Exercise the Baby While On His Tummy?

1. Place yourself or a toy just out of the baby's reach during playtime to get him to reach for you or the toy.
2. Place toys in a circle around the baby. Reaching to different points in the circle will allow him to develop the appropriate muscles to roll over, scoot on his belly, and crawl.
3. Lie on your back and place the baby on your chest. The baby will lift his head and use his arms to try to see your face.
4. While being watched by an adult or caregiver, have a young child play with the baby while on his tummy. Young children can get down on the floor easily. They generally have energy for playing with babies, may really enjoy their role as the "big kid", and are likely to have fun themselves.

## Contact Us

To receive more information, call or visit us at:

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